

## Standard Sector Indicator Reference Sheet

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### INDICATOR: Number of youth who report having a supportive conversation with an adult around youth health

**STANDARD SECTOR**

**HEALTH SECTOR** 

**PROJECT AREA:** Youth Health and Well-Being

**INDICATOR CODE:**

HE\_YOUTH\_264

**Type:** Outcome

**Unit of Measure:** Youth

**Disaggregation: Male by Age:**

<1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

**Female by Age:** <1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

**Related Objective:** Increase the knowledge and skills of adults (families, caregivers, and community groups) to effectively support the health and well-being of youth (Objective 2)

#### Precise definitions

**Youth:** The Youth Health and Well-Being project focuses on young people between the ages of 10 and 19 because this is such a crucial time in terms of developing lifelong behaviors that impact health. Each country may have its own definition for youth and posts can use this definition to align with government reporting and priorities. The age disaggregations should be used to reflect the age of the participants.

**Report:** This is a self-reported indicator based on a youth’s answer to the questions in the Life Skills section of the Youth Health Outcomes Survey tool. These questions should be used as a pre-test, post-test, and as a three- to six-month follow-up to assess accurate knowledge. The results of the survey in the three- to six-month follow-up should be used to calculate this indicator.

**Supportive conversation:** Given that this is a self-reported indicator, the definition of “supportive conversation” will be defined by the youth. What being personally supported feels or looks like might differ among youth.

**Adult:** An adult is broadly defined and can be a parent, grandparent, caregiver, teacher, and/or friend—anyone the youth trusts and can confide in.

**Youth health:** can include any of the following topics:

- Increasing knowledge and skills around sexual and reproductive health
- Practicing good hygiene
- Increasing awareness of gender and gender equality
- Decreasing their use of tobacco, alcohol, and other substances
- Participating in physical activity on a regular basis
- Consuming a healthy and diverse diet
- Demonstrating strengthened life skills

## Data collection

**Tool:** Youth Health Outcomes Survey

The Youth Health Outcomes Survey is intended to be given to the youth who participated in a multisession training focused on Youth Health and Well-Being facilitated by a PCV and their counterpart. This survey tool should be used three times:

- 1) As a pre-test at the start of the first training session/meeting;
- 2) As a post-test at the last session/meeting to assess change during the time of the training; and
- 3) Three to six months after the training/activity has finished to assess whether knowledge is retained

All youth should be given the pre-test and post-test. Only youth who attended at least 75 percent of the defined information sessions should be included in the survey three to six months afterward. Therefore, the results of Step 3—the follow-up survey—should be used to calculate this indicator.

If the timing of a PCV's close of service (COS) or other factors will not allow for this, a survey could be conducted earlier, but some indicators may need to be modified. The survey should be conducted by the PCV and their counterpart or co-facilitator of the group following the instructions provided in the outcomes survey tool closely. The survey should only include the topics that were included in the training on youth health listed above. Questions should be removed from the survey if not discussed in the training.

## Reporting

**To be counted for this indicator the following criteria must be met:**

- The individuals must have received at least 75 percent of the training sessions and/or information offered on prevention of youth health.
- The information must have been provided by the PCV or their partner in an individual or small group setting with 25 people or less.
- Attendance at each session must be documented by the Volunteer or their partner.
- The individual must be assessed after the conclusion of the intervention using the Youth Health Outcomes Survey tool.

In the VRT, outcome indicators have two fields: "achieved" and "total." Please enter the total number of individuals who took the survey in the "total" field and the number of individuals who gave the correct answer in "achieved." The correct answer can be found in the instructions for the outcomes survey.